

CHEESE, REDUCED FAT CHEDDAR

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

- Reduced fat cheddar cheese is a semi-hard, white or yellow cheese made from low fat pasteurized cow's milk.
- Reduced fat cheddar cheese should contain between $\frac{1}{4}$ to $\frac{1}{3}$ less fat than regular cheddar cheese.

Pack/Yield

- Reduced fat cheddar cheese is packed in a 2 pound package, which is about 32 servings (1 ounce each).
- One pound yields about 4 cups shredded cheese OR about 2 cups cubed cheese.

Storage

- Refrigerate cheese in the original container until ready to use.
- Once opened re-wrap cheese tightly in plastic wrap, or store it in an air tight container not made from metal.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>

Uses and Tips

- Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures.
- Serve reduced fat cheddar cheese as is in sandwiches, wraps, or with fruit.



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- When used for garnish or flavor in cooked dishes, add cheese just before food is removed from the heat.
- Add cheese to vegetable or fruit salads.
- Reduced fat cheddar cheese may be stored in the freezer. It may change the texture and may be best used as shredded.

Nutrition Information

- 1 ounce of reduced fat cheddar cheese counts as 1 ounce in the MyPyramid.gov Milk Group. For a 2,000 calorie diet, the daily recommendation is about 3 cups of milk and milk products.
- 1 ounce of reduced fat cheddar cheese has 26% of the daily recommended amount of calcium.

Nutrition Facts			
Serving size 1 ounce (28g)			
Reduced Fat Cheddar Cheese			
Amount Per Serving			
Calories	80	Fat Cal	47
% Daily Value*			
Total Fat	5.2g		8 %
Saturated Fat	3.3 g		16 %
Trans Fat	0g		
Cholesterol	16 mg		5 %
Sodium	206 mg		9 %
Total Carbohydrate	1 g		0 %
Dietary Fiber	0 g		0 %
Protein	8 g		
Vitamin A	4 %	Vitamin C	0%
Calcium	26 %	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

Tangy Tomato Soup

Ingredients

1 teaspoon vegetable oil (or olive oil)
½ cup onion, chopped
1 teaspoon garlic, finely chopped
2 (about 14 ½ ounce) cans diced tomatoes
1 (about 15 ounce) can low sodium tomato sauce
2 (about 14 ½ ounce) cans low sodium chicken broth (or vegetable broth)
½ cup cheddar cheese, finely shredded

Recipe adapted from Recipezaar.com

Directions

1. Heat the oil in a soup pot over medium-high heat.
2. Add the onions and garlic and cook for 1 minute stirring often.
3. Add tomatoes and their juice and the tomato sauce. Raise the heat to high, cover the pot, and bring to a boil.
4. Stir in the chicken broth. Cover the pot and bring the soup back to a boil.
5. Reduce the heat to low and cook for 10 more minutes.
6. Spoon the soup into individual serving bowls and sprinkle with cheddar cheese. Swirl it to leave ribbons or melted cheese in the soup.

Makes 6 servings

Nutrition Information for 1 serving tangy Tomato Soup:

Calories	150	Cholesterol	7.6 mg	Sugar	5 g	Calcium	184 mg
Calories from Fat	27	Sodium	588 mg	Protein	7.5 g	Iron	1 mg
Total Fat	3 g	Total Carbohydrate	24 g	Vitamin A	82 RE		
Saturated Fat	1.4 g	Dietary Fiber	5.3 g	Vitamin C	32.7 mg		

Cheesy Corn Muffins

Ingredients

2 cups reduced fat cheddar, shredded
1 (about 15-ounce can) whole kernel corn, drained
2 eggs
¾ cup milk
1 (about 8-ounce) box corn muffin mix
2 tablespoons sugar
Nonstick cooking spray

Recipe adapted from Allrecipes.com

Directions

1. Preheat oven to 400 degrees F.
2. Coat muffin pan with nonstick cooking.
3. Measure out ½ cup cheese for topping and set aside.
4. Add corn to blender and roughly chop; add eggs and milk to blender and mix well.
5. Place corn muffin mix in a large bowl. Add sugar, remaining 1 ½ cups cheese, and corn mix; stir until no lumps are present.
6. Spoon batter into muffin cups, dividing evenly. (Batter will almost fill cups.) Then sprinkle with left over ½ cup cheese on top.
7. Bake for 18 -20 minutes or until toothpick inserted into the center of each muffin comes out clean.
8. Remove from oven and cool for about 5 minutes before serving.

Makes 12 servings

Nutrition Information for 1 Cheesy Corn Muffin:

Calories	165	Cholesterol	47 mg	Sugar	5.5 g	Calcium	239 mg
Calories from fat	45	Sodium	499 mg	Protein	9 g	Iron	1.3 mg
Total Fat	5 g	Total Carbohydrate	23 g	Vitamin A	62 RE		
Saturated Fat	2.5 g	Dietary Fiber	1.6 g	Vitamin C	1 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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